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metronews

Celebrity Buzz



Lindsay Lohan a jewel thief?

pg 22

Police mourn lost officer

DEATH Members of the Edmonton Police Service are mourning the loss of an officer, a man found dead in a southwest parking lot yesterday morning.

Police Chief Mike Boyd met with media yesterday afternoon and confirmed the officer was not the victim of foul play.

"The member's family and the Edmonton Police Service family are grieving the loss of a husband, a father, a son and a good friend," he said.

The man's body was found in his car shortly before 7 a.m., parked in the lot of the Windermere Wal-Mart. The officer's name will not be released.

VICTORIA HANDSIDES/
METRO EDMONTON

Your Money pg 10

Tag and bag your bills

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Edmonton and Canada.

On metronews.ca

- Share your SunnySide thoughts on Twitter using #sunnyside

Today

- Creative ideas on sustainability, pg 3



Montreal **Walk tall**

CHRISTINE MUSCHKE/REUTERS

A stilt-walker practises as she prepares to participate in Cirque du Soleil's attempt at a Guinness world record for most people simultaneously walking on stilts in Montreal yesterday. A controversial new book about Cirque du Soleil owner Guy Laliberté has also been released.

Eco-savvy couple wins hybrid car

Tax watchdog slams carbon calculator

VICTORIA HANDSIDES
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A carbon-counting couple will be cruising eco-conscious, having been handed the keys to a green machine by Mayor Stephen Mandel yesterday.

The ZeroFootprint Calculator was a carbon-reducing challenge posed to Edmontonians by the city one year ago, albeit criticized by a provincial taxation watchdog group.

The most enviro-conscious couple, Peter Chapman and Katie Barnett, were rewarded for their green lifestyle changes with a one-year lease to a Toyota Prius, a hybrid car.

"There are lots of things cities can do under the radar that aren't flashy but still green."

Scott Hennig

"Hopefully this will wear off on older people about how important sustainability is, why we need to do it, why we need to densify this city and be more creative on how we build cities because of the environmental footprint we're controlling," Mandel said.

The calculator, and the \$40,000 tag for its design and online implementation, were openly criticized

by the Canadian Taxpayers Federation with the 2009 Teddy Awards, where it was dubbed "Calculator 2: Judgment Day."

Spokesman Scott Hennig said the calculator replicates hundreds found online for free.

He added that financial documents reveal the entire campaign cost taxpayers over \$300,000.

"There are lots of things cities can do under the radar that aren't flashy but still green," Hennig said. "But they don't get public recognition for them. Ad campaigns are costly."

ShareYourViews

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Old murder evidence solid: RCMP

MADING NGOR
for Metro Edmonton

ACCUSATION A 1992 homicide suspect has been turned over to Canadian authorities to answer to the charge, and police say the evidence against him remains solid 17 years later.

Michael Desmarais of Ed-

monton was linked to the murder of Gordon Mills in 1992 by forensic and witness evidence located by the RCMP.

Desmarais made a court appearance in Lethbridge yesterday to respond to the accusation, Cpl. Clayton Blight told Metro by phone from Calgary yesterday.

"(The case) was always ac-

tively investigated," he said, adding there's no concern of a crack in the evidence because it took so long.

After the murder of Mills, Desmarais served 20 years in a jail in the United States for a murder in 1992. The accused will make a second court appearance, said Blight, but he did not say when.

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Canada's Economic Action Plan: 80% Already Underway

Canada's Economic Action Plan is well underway. That's the message contained in a new Report to Canadians by the Federal Government.

The report shows that 80% of economic stimulus is already being implemented and thousands of initiatives are taking shape across the country. This unprecedented action by the Federal Government is designed to help protect Canadians from the global recession that continues to affect countries around the world.

countries that has been less affected than others by the global crisis. Experts at the International Monetary Fund (IMF) noted, "the financial strains evident elsewhere are markedly less serious in Canada."

These same experts at the IMF have also been positive in their assessment of the Federal Government's Economic

"The federal stimulus package (is) timely, appropriately sized, diversified and well structured..."

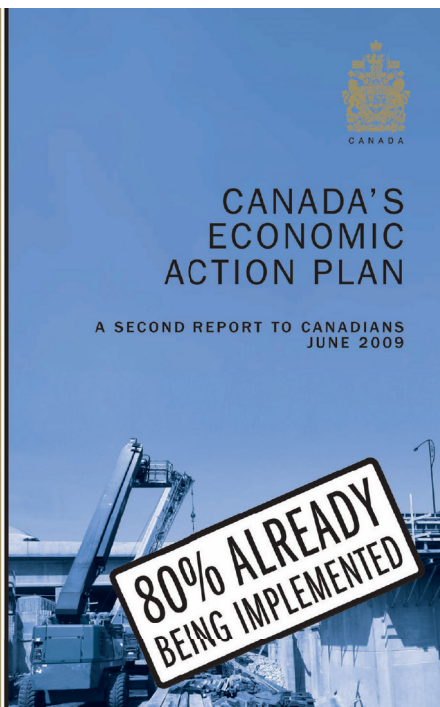
- International Monetary Fund

Top international economic organizations have been clear in citing Canada as one of the

Action Plan, concluding that "the federal stimulus package (is) timely, appropriately sized, struc-

CANADA'S ECONOMIC ACTION PLAN • A SECOND REPORT TO CANADIANS

Canada



tured, with steps to facilitate labor reallocation and protect the vulnerable."

In a nutshell, the Economic Action Plan encourages consumer and business spending by cutting taxes and improving access to financing. It creates jobs and promotes growth by investing in infrastructure. It assists unemployed Canadians by extending employment insurance benefits and funding skills training. And it helps build the economy of tomorrow by improving infrastructure at colleges and universities, while investing in research and technology.

With this Economic Action Plan, the Federal Government has also shown clear account-

ability by creating a government website, www.actionplan.gc.ca, that identifies the Action Plan benefits and programs available to Canadian families and businesses. These include benefits for home owners and home buyers, such as incentives for home renovation and first time home buyers.

Due in no small part to the action taken by the Federal Government, Canada is predicted to be amongst the first to emerge from this economic crisis. The Organisation for Economic Co-operation and Development has in fact predicted that Canada will lead the recovery among G7 nations in 2010.

CANADA'S ECONOMIC ACTION PLAN

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Search continues for missing pilot

A search and rescue mission is ongoing for a missing Edmonton pilot, CBC News Online reports. The pilot left Edmonton's City Centre Airport Monday afternoon in a single-engine plane and didn't arrive when expected. **METRO EDMONTON**

3

Local



Lil Wayne coming to Rexall

Lil Wayne, left, will be appearing at Rexall Place on Tuesday Aug. 18. Special guests include Young Jeezy, Soulja Boy and Drake. Tickets are on sale Saturday, June 20 at 10 a.m.

METRO EDMONTON

The search for greatness

Pecha Kucha brings out ideas from creative people in creative ways

Sunny Side

VICTORIA HANDSIDES
victoria.handisides@metronews.ca

Good ideas are simply good without the work to make them great.

Edmontonians gathered last night to breathe life into good ideas with the potential for greatness.

A group of 12 outside-the-box thinkers presented a diverse list of ideas on sustainability, showing 20 images, for 20 seconds each at the fourth annual Pecha Kucha. Keeping in line with the green framework of the ICLEI conference, ideas ventured past the realm of reducing, reusing and recycling.

"Our presentations went beyond sustainability," said



Liz Lepper, spokeswoman for Timeraiser, was one of the presenters at Pecha Kucha night held at the Shaw Conference Centre yesterday. The event was themed towards the ICLEI World Congress.

host Cary Williams. "These are people who are doing interesting and creative things in the city, and wanted to showcase what they're doing."

Forward-thinking presen-

ters shared dreams on the future of eco-friendly transport, urban planning, and cultural preservation.

One such initiative going beyond the realm of imagination will trade volunteer

hours for art pieces, in a "Timeraiser" auction set for October.

Pieces born from the minds and hands of local artists will be up for grabs, but instead of cash, bidders

will offer themselves for a number of volunteer hours.

"Social sustainability is about keeping our social framework healthy," said Timeraiser presenter Liz Lepper. "So many organizations like homeless shelters and crisis lines operate on a volunteer basis. If they don't have the manpower, we all suffer."

Pecha Kucha nights are held annually in 180 cities around the globe. Last night's event at the Shaw Conference Centre saw close to 700 attendees. Ideas introduced at the previous three local events have spawned into successful, working initiatives.

"People in Edmonton really are interested in what's happening in our own city, and we're seeing how new ideas can inspire people," Williams said.

Top cop hosts Pride Week participants



RECEPTION The city's top cop took time out of his evening yesterday to glad-hand with members of Edmonton's lesbian, gay, bisexual, transgendered and questioning (LGBTQ) community.

Chief Mike Boyd's annual informal reception was held at the Southeast Division Station. Attendees were treated to food, drinks, and tours of the police station.

Boyd has been hosting Pride Week receptions since his inception as police chief.

Earlier this week, Boyd was honoured with a Police Liaison Award of Merit for his continued contribution to keeping members of the LGBTQ community safe.

VICTORIA HANDSIDES/
METRO EDMONTON

News in brief

ROBBERY Leduc RCMP are investigating a June 13 armed robbery at the Liquor Depot located at 50th Street and 48th Avenue. It is believed that an unknown female entered the liquor store, picked up two bottles of liquor and proceeded to the cash register. Once the woman approached the register, she demanded cash from the cashier.

TAXES Edmonton homeowners have two weeks left to pay their taxes without facing late payment penalties. If you have not yet received your 2009 City of Edmonton Property Tax Notice, please call 311 or email taxinquiry@edmonton.ca.

METRO EDMONTON

Fundraising helps to bring cancer tests to rural Albertans

SCREENINGS Over 25,000 women in rural Alberta will access the most leading-edge screening technology, thanks to the Alberta Cancer Foundation (ACF)'s contribution of \$11 million towards units and screening facilities.

"It has taken us three years to raise the money for breast cancer," ACF CEO Linda Mickelson told Metro yesterday.

While the number of diagnosed breast cancer cases have increased, breast cancer death rates have declined more than 30 per

"It has taken us three years to raise the money."

Linda Mickelson

cent in Alberta since 1989, said a release.

Experts believe regular screening can detect cancer about two years before a tumour can be felt when it is in its earliest and treatable stage. The screening trailers will visit 100 rural areas throughout Alberta.

MADING NGOR/
FOR METRO EDMONTON



Alberta Cancer Foundation CEO Linda Mickelson stands in front of one of the mobile screening units.

metronews.ca
What's online today.

Video Canadian combat engineers patrol on one of the Afghan mission's most dangerous jobs — defusing IEDs at metronews.ca

/Canada Blogs Internets explains why Twitter's role in the Iranian protests is just the beginning of the next revolution in social networking



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Hurry! This Sale Ends Tomorrow!

About 480 workers at the Globe and Mail newspaper will vote this weekend on whether to give their union a strike mandate amid tense negotiations over a new contract, a union official said yesterday. **REUTERS**

Canada



Walk of Fame inductees named

Blue Rodeo, Raymond Burr, Kim Cattrall, left, Tom Cochrane, Dsquared2, Howie Mandel, Robert Munsch and Chantal Petitclerc will be inducted into Canada's Walk of Fame in September, it was announced yesterday.

METRO NEWS SERVICES

Cirque's anniversary marred by book on founder

CONTROVERSY For all the good publicity, surrounding Cirque du Soleil's 25th anniversary, there has also been an annoying distraction for founder Guy Laliberté in the form of a new,

muckraking book.

In addition to lauding his business acumen and down-to-Earth personality, alleges he hosted parties featuring orgiastic sex, endless drugs and rock-

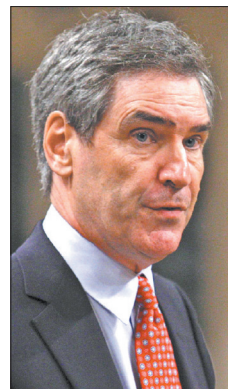
and-roll partying.

While the Cirque's lawyers have sent legal warning letters to the publisher of Ian Halperin's unauthorized biography, Guy Laliberté: The Fabu-

lous Story of the Creator of Cirque du Soleil, the book is flying off the shelves — so much so that in just two weeks it's already into its second printing.

TORSTAR NEWS SERVICES

PM, Ignatieff to meet again



Liberal Leader Michael Ignatieff, left, met with Prime Minister Stephen Harper yesterday, in a bid to defuse a potential election.

Both deem talks productive

The chances of an early federal election appeared to diminish yesterday after Liberal Leader Michael Ignatieff held two rounds of "productive" talks with Prime Minister Stephen Harper.

Ignatieff threatened Monday to topple Harper's Conservatives, but the heat dropped when the two met for what both sides deemed productive discussions.

More talks were scheduled for this morning, but the outcome seemed increasingly clear. Ignatieff's

ally Steve MacKinnon said on CTV that he expected "ultimately no election."

Ignatieff had said Monday he would try to bring down the Conservatives on a budgetary vote Friday unless Harper explained in detail how he planned to help Canadians survive the recession. Although Harper quickly delivered a defiant response, Ignatieff then said he saw enough in Harper's words to indicate some progress had been made. Harper then suggested the two meet yesterday. **REUTERS**

Iranians find a voice for election outrage online

KRISTEN THOMPSON
Metro Canada



INTERNET As people outraged over Iran's election results take to the streets in protest, even more are taking to the information highway, where they've found a safe venue to voice concerns in the face of censorship and intimidation.

Vancouverite Ramin Joubin, 28, who was born in Iran, said the Iranian community is "empowered" by blogging, Tweeting and instant messaging about the riots in Tehran. "(Postings) on Twitter and Facebook is bringing awareness on the issues," Joubin said. "It really brings people together (and) allows them to inter-

act and bridge gaps."

On June 12, President Mahmoud Ahmadinejad claimed a landslide victory over reformist candidate Mir Hossein Mousavi in a national election. Millions of Iranians claimed the election was rigged, leading to deadly protests on the streets of Tehran.

The Internet has since been swarmed with forums and debates on the issue, with videos of violent protests, Facebook groups and real-time Twitter updates popping up.

VideoOnline

The Internet was quietly feeding Iranian dissent long before this election at metronews.ca/canada



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Tainted shipment brings canola scrutiny

Cargill shipments of Canadian canola meal into the United States face more scrutiny after salmonella was found in a shipment this winter, a U.S. Food and Drug Administration document shows. **REUTERS**

canada 5

Homeless soccer squad defending its title

JEFF HODSON
Metro Canada



Vancouver's Eastside Sun Eagles, Canada's homeless street soccer champions, are heading to Toronto

this weekend to defend their title.

The team, formerly the Vancouver Dream Catchers, won the Street Soccer Canada tournament in Calgary in September, but didn't make the trip to Australia to com-

pete in the 2008 Homeless World Cup.

Leef Evans, 46, who played college soccer in South Carolina, was on the team last year but was sidelined because he ruptured a tendon in his left ankle.

"It was a bit of a bummer," said Evans, who suffers from "rampant bouts of depression," lost his job and found himself homeless five years ago. "Even still, I can't push off from the left ankle all that well. But they still want

me. I'll play the left side."

The group of nine players heads for Toronto Thursday, thanks to the largesse of another formerly homeless man. Joe Lepur, a local developer, was homeless in France in 1965 after leaving what is

now Croatia.

"How do you pay back the people and the country that has given you so much opportunity?" Lepur said.

Lepur spent \$6,000 for uniforms and airfare for the team's nine members.

Aid plan for pulp and paper expected today

HELP Canada is expected to lay out plans today to aid the pulp and paper industry, which says it has become the unintended victim of a tax windfall enjoyed by U.S. rivals.

Ottawa has been scrambling to come up with a response to the U.S. "black liquor" tax credit, which critics say has been misused by some American pulp mills, allowing them to overproduce at a time when the pulp market is already saturated.

Canada's forestry industry has been hammered by the economic crisis and the collapse of the U.S. housing market, and Ottawa has been under pressure to provide some assistance after coming to the aid of the auto sector.

Natural Resources Minister Lisa Raitt has scheduled a news conference in Ottawa for today to announce a "new program that will lay the groundwork for a greener, more sustainable future for Canada's pulp and paper industry."

REUTERS

Olympic Village needs extra \$21.9M: Report

VANCOUVER
2010 Games

FUNDS The Olympic Village needs another \$21.9 million, with the bulk of the money necessary for finishing affordable housing units at the site, according to a City of Vancouver report.

City council is being asked to approve the spending tomorrow, which is being blamed in part to "escalating construction prices and anticipated B.C. Housing financing costs."

The revised amount needed for the affordable housing portion is now more than \$110 million, up from \$95 million.

The city is also looking for another \$5.5 million to finish a civic centre at the False Creek location.

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* Source: ACNielsen MarketTrack, last 52 weeks ending May 9, 2009, ecological bathroom tissue and paper towel categories, all sales.

Cascades
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A 74-year-old British amateur gardener who won a 25-million-pound lottery prize said yesterday he would spend part of his winnings hiring an expert to learn how to grow better carrots. Brian Caswell said he had always struggled with the vegetable. **REUTERS**

Money can buy carrot know-how

World



Waitress walks free after killing official

A Chinese waitress who killed a government official when he assaulted her was set free yesterday, ending a case that sparked debate over widespread abuse of power. Deng Yujiao, left, was originally detained on suspicion of murder but was found guilty of the lesser charge of causing injury with intent. Deng stabbed township official Deng Guida to death at a bathhouse on May 10 when he assaulted her after she refused to provide sex. **REUTERS**

U.S., South Korea stand up to North

KOREA U.S. President Barack Obama and South Korean President Lee Myung-bak presented a united front to North Korea yesterday, saying Pyongyang must abandon its nuclear weapons program and will not be rewarded for provoking a crisis.

With Lee at his side in the White House Rose Garden, Obama said a nuclear-armed North Korea would pose a "grave threat" to the world and vowed that new U.N. sanctions against the communist nation would be strictly enforced.

He promised to end a cycle of allowing North Korea to create a nuclear crisis, then granting concessions in the form of food, fuel and other incentives to get Pyongyang to back down, only to see it renege on its promises.

In a development on a case that has caused further tensions with Washington, the official North Korean news agency gave its first details of the case of two U.S. journalists it sentenced to 12 years of hard labor last week, saying they were trying to slander the state. **REUTERS**

Iran won't annul vote

Guardian Council may re-tally; seven killed in violence

Iran's top legislative body yesterday ruled out annulling a disputed presidential poll that has prompted the biggest street protests since the 1979 Islamic revolution, but said it was prepared for a partial recount.

In what appeared to be a first concession by authorities to the protest movement, the 12-man Guardian Council said it was ready to re-tally votes in the poll, in which hardline President Mahmoud Ahmadinejad was declared the runaway winner.

But the powerful Council rejected reformist calls to annul Friday's election, which set off swift-moving political turmoil, riveting attention on the world's

Media ban in Iran

Iran yesterday banned foreign media from leaving their offices to cover protests on the streets of Tehran. The Culture Ministry said journalists could continue to work from their offices but that it was cancelling

fifth biggest oil exporter, locked in a nuclear dispute with the West. State television said the "main agents" in post-election unrest had been arrested with explosives and guns. It gave no further details.

U.S. President Barack Obama, who has sought to engage Iran and asked its leadership to "unclench its fist," said he was deeply troubled by the post-election

press accreditation for all foreign media. The announcement came after three days of streets protests against Iran's election results, during which at least seven people were reported to have been killed.

Supporters of Mir Hossein Mousavi, outraged at what they viewed as a stolen election, had planned another big rally yesterday, even though seven people were killed on Monday on the fringes of a vast march through the streets of Tehran. **REUTERS**

tion violence and that protesters who had taken to the streets had inspired the world.

City kills 36,000 dogs due to rabies

CHINA A Chinese city has killed 36,000 stray and pet dogs in a bid to wipe out rabies, state media said yesterday, as the country considers a draft law recognizing animal rights and making

such a cull illegal. Rabies has killed 12 people in Hanzhong, in the northern province of Shaanxi, where more than 6,000 people had been bitten or scratched since late May, the China

Daily said. Animal rights groups have criticized China for cruelty, saying millions of animals raised for their pelts, including cats and dogs, are mistreated and inhumanely killed. **REUTERS**

Hollywood Condom protest



A young girl holds a sign during a rally in support of the use of condoms in the adult film industry in West Hollywood yesterday. The rally was organized by AIDS Healthcare Foundation in support of a legislation that would mandate the use of protection by adult actors. **REUTERS**

News in brief

ENVIRONMENTALISM Self-described lazy environmentalist Josh Dorfman has a plan to save the planet that is unorthodox — he tells people to stop feeling bad about driving fast cars. "Environmentalists make people feel bad, and making people

feel bad is a terrible marketing strategy," Dorfman said, explaining his new U.S. TV series, The Lazy Environmentalist. On the show, Dorfman shows people how they can make things easier by making environmentally friendly choices. **REUTERS**



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Comment

Snowbirds: An ironic emblem of failure

TheWestView

Paul Sullivan

metronews.ca/thewestview

The Snowbirds are grounded ... again. You know about the Snowbirds? Those guys who turn up at air shows in their 40-plus-year-old jets expected to perform crowd-pleasing, death-defying manoeuvres?

Except they don't always defy death. At least seven brave pilots have died since the Snowbirds started flying back in 1971, and as the planes get longer in the tooth, the threat of fatal mechanical failure is greater than ever.

And they don't always fly. The fleet of 20 Tutor CT-114 jets has had a permanent maintenance crew assigned to them since 2001, but that hasn't prevented the latest problem with the jet's ejection seat.

So they're grounded and, as I write, may not be

ready for the big flypast on Parliament Hill on July 1. Not that you'll notice. The flypast takes about as long as it takes a politician to clear his or her throat.

Ahem. I've got to ask: How long are we going to keep this nonsense up?

The program costs \$10 million a year, which is a spit in the bucket in a country where we seem required to have a \$300-million election at least as often as a flypast, but the real cost is in human lives.

And what's the point? Why are we making these people take enormous

risks in ridiculously outdated technology? It's like having a team of precision gondoliers or acrobatic shepherds, only more dangerous.

Quaint, but deadly. Maybe if they were flying around in cool, state-of-the-art technology, I could understand, but these guys are in the airborne equivalent of a 1965 Chrysler. And how many vintage Chryslers do you see on the road, never mind in the air?

These things are so obsolete, every year another component becomes im-

possible to repair. Maintenance crews have started salvaging dials and tubes from other obsolete Canadian aircraft such as the decommissioned Hercules and sticking them on the Tutors.

Meanwhile, Canadians are busy getting blown up in Absurdistan. Our forces need all the help they can get, but instead they are hobbled with outdated, obsolete aircraft and ground equipment. If anything, the Snowbirds are an ironic emblem of the government's failure to adequately equip the peo-

ple we insist on putting in harm's way.

The government is seriously thinking about keeping these guys in the air until 2020, when no amount of chewing gum and binder twine will keep them airborne.

I, for one, hope they stay grounded. But I must be a communist or some other kind of subversive. But I don't mind — it's safer than being a precision gondolier.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: Should mixed martial arts be recognized as a legitimate sport in Canada?

Rui Wang

age 19, Edmonton

A: Yes. Martial arts is a famous Chinese tradition. Canada should recognize it as a legitimate sport because it's international.

Sarah Mathison

age 26, Calgary

A: I don't think so. It just encourages violence.

Kevin McGillivray

age 43, Edmonton

A: Absolutely yes. It takes a lot of discipline and a lot of hard work for these fighters to be good at so many disciplines. In my opinion it's a lot safer than boxing ...

Gillian Wesley

age 23, Halifax

A: I don't think things like cage fighting should be. I think that with a sport based completely on violence, I wouldn't like to see it as a recognized sport.

Matthew Rizzo

age 20, Ottawa

A: I think it should be ... because it has all the aspects of other sports — conditioning, training, dedication, motivation, competition.

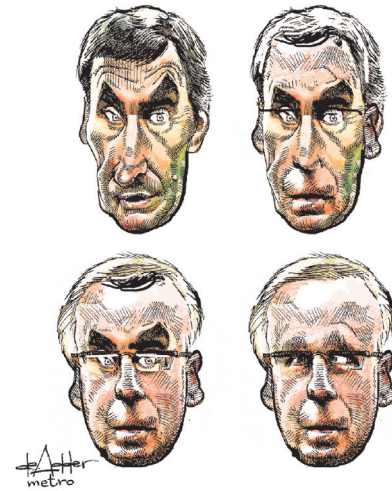
Alison Thomson

age 19, Toronto

A: If it's a physical sport, then yeah, why not.



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B.C. smoked salmon headed to space
Smoked salmon made by a B.C. business will be on board the space shuttle Endeavour tomorrow when it takes off for the International Space Station, CBC News Online reports. The salmon is a favourite of B.C.-born astronaut Bob Thirsk. **METRO NEWS SERVICES**

Business

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EDITOR: FERMIN.DESOUZA@METRONWS.CA

Newfoundland, Hibernia group agree on oilfield

PROJECT The government of Newfoundland and Labrador has signed a memorandum of understanding with a consortium that includes Exxon Mobil Corp. to develop the 220-million barrel Hibernia South oilfield off the province's coast.

The new field will augment existing production from the Hibernia oilfield, 315 kilometres southeast of St. John's.

The agreement will see Hibernia's backers agree to surrender a 10 per cent equity stake in the new field to the province and pay higher royalties.

Nalcor, a provincially owned energy firm, will pay \$30 million for the 10 per cent interest.

A formal agreement between Newfoundland and Hibernia's partners is expected to be signed next February, the provincial government said in a statement. There is still no timetable for the development of the field. **REUTERS**

Switzerland **Breaking through**



A miner holds a statue of St. Barbara, patron saint of miners, at the construction site of the NEAT Gotthard Base Tunnel yesterday. With a length of 57 kilometres crossing the Alps, the world's longest train tunnel should be operational by 2017.

Air Canada seeks loan

Airline asking government for \$200M: Flaherty

Cash-strapped Air Canada has approached the government for a loan, Finance Minister Jim Flaherty said yesterday as the airline works against the clock to stave off possible bankruptcy.

Flaherty said Canada's biggest airline was in discussions with Export Development Canada for a commercial loan. A source close to the talks said the carrier was asking the federal financing agency for about \$200 million, a third of the \$600 million the carrier says it needs in the short term.

"Air Canada has had some discussions with Export Development Canada about possibly borrowing on commercial terms, but those are discussions that are ongoing," Flaherty told reporters.

"Air Canada has had some discussions with Export Development Canada about possibly borrowing on commercial terms."

Jim Flaherty, finance minister

ing," Flaherty told reporters.

His comments come hours after Air Canada announced it had reached tentative agreements with the Air Canada Pilots Association and the Canadian Union of Public Employees on a 21-month moratorium on funding its \$2.9 billion

pension deficit.

An agreement with the unions on pensions and securing financing are crucial to keeping the debt-laden airline, which has been buffeted by a global slowdown in air travel and stiff competition at home, from filing for bankruptcy for the second time in six years.

The source said any loans to Air Canada would come from EDC's Canada Account, which is for transactions outside EDC's responsibility but deemed to be in the national interest.

The loan would be negotiated on a commercial basis and would not be considered by the government as a bailout. The EDC would administer the loan but the federal government would take on the risk. **REUTERS**

RIM to launch new BlackBerry model

WIRELESS Research In Motion is adding another smartphone to its BlackBerry lineup as it aims to win market share among both executives and mainstream consumers despite tough economic conditions.

The new model is known as the BlackBerry Tour and falls somewhere between the BlackBerry Curve, which has proved very popular with consumers, and the BlackBerry Bold, which RIM has aimed at high-end corporate users.

Even though the device isn't drastically different from many other BlackBer-

ry handsets in appearance, RIM co-chief executive Jim Balsillie said the Tour is a "big step forward."

It is what RIM calls a "world phone," which means it can easily access voice and data services on networks outside the user's home country. This has proven popular with business users in the past. To appeal to the retail market, the Tour is loaded with multimedia features similar to those found in the BlackBerry Curve and Pearl.

Balsillie said device will soon launch with Telus and Bell in Canada. **REUTERS**

Business in brief

WEB MySpace said it will cut 30 per cent of its staff to lower costs as it struggles to stay popular in the face of rising competition. MySpace will be left with about 1,000 employees, it said in a statement released yesterday. The job cuts came the same week as the number of Facebook users in the United States surpassed those of MySpace for the first time, according to web measurement company comScore.

TELECOM Ownership restrictions that prevent foreign players from buying or holding majority stakes in Canadian telecom companies are stifling competition and should be changed, the chief executive of Manitoba Telecom Services said yesterday at an industry conference in Toronto. **REUTERS**

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U.S. Open to go ahead without Wie

Michelle Wie has failed to qualify for the U.S. Women's Open. Wie shot a 74 in the second round of qualifying yesterday, and missed by one shot. **METRO NEWS SERVICES**

9

Sports

EDITOR: CHRIS.CLEMENTS@METRONWS.CA

Funding questioned

CFL to amend financial rules in wake of secret deal

The Canadian Football League has announced plans to change its financial rules after it was revealed that British Columbia Lions owner David Braley helped Howard Sokolowski and David Cynamon purchase the Toronto Argonauts out of bankruptcy in 2003.

The Globe and Mail first reported the secret transaction and the league responded with a statement acknowledging the pact. Both ownership groups also provided statements, and all three parties said the league's bylaws were not broken.

Braley, according to the Globe and Mail, paid half of the \$2-million franchise fee for the purchase and con-

tinued to provide financial assistance to the Argos afterward.

The league, while saying it had no knowledge of the transaction at the time, said Braley never had a stake in the Argos and added that competition between the teams was never compromised.

"I have been informed that British Columbia Lions owner David Braley provided financial assistance to Toronto Argonaut owners Howard Sokolowski and David Cynamon, as they sought to strengthen our league by strengthening a storied franchise in our largest city," CFL commissioner Mark Cohon said in a statement. "There has been no suggestion, nor is there

any evidence, that this financial transaction had any effect whatsoever on the competitive integrity of our game.

"There is every indication that all three of these gentlemen acted, and continue to act, out of love for the Canadian Football League and respect for its fans. There has also been no breach of the league's Constitution or its bylaws. However, there is clearly a need for improved transparency in such matters. And I intend to work with our Board of Governors to revise our rules so that such financial transactions, no matter how well intended, must be shared with the Commissioner and all governors." **METRO NEWS SERVICES**

Balsillie won't drop dog fight

NHL Jim Balsillie isn't giving up hope. The billionaire, however, chose not to show up for a news conference called on his behalf, letting others do his speaking for him when it comes to his continued pursuit of the Phoenix Coyotes.

"His commitment remains completely unchanged," said Balsillie spokesman Bill Walker, saying his boss was busy with work as co-founder of Research in Motion the day after a judge rejected his \$212.5-million (US) offer to buy and relocate the team. "He's committed to Hamilton, he's committed to Copps Coliseum.

"He just sees this as another day at the office. He's moving forward. He's completely unfazed. 'What's next?' is his question."

The NHL will be paying the bills of the Coyotes and, as a secured creditor, will get its money back when the team is ultimately sold.

TORSTAR NEWS SERVICE

Blue Jays A Mighty Lind



Toronto's Adam Lind hits a solo homer against Philadelphia last night in the Jays' 8-3, 10-inning win over the Phillies.

Sports in brief

2016 OLYMPICS Financial considerations should not drive the decision on which city hosts the 2016 Olympics, IOC president Jacques Rogge said yesterday on the eve of key presentations by the four candidates.

2020 OLYMPICS Prague will not enter the race to host the 2020

Summer Olympics as planned due to the global economic crisis. The city council of the Czech capital voted 11-0 yesterday to cancel preparations for the bid, said Marketa Reedova, deputy mayor and council member. The decision is expected to be approved by

Prague's municipal assembly tomorrow.

SUSPENSION Major League Baseball suspended Atlanta Braves minor league pitcher Rafael Cruz 50 games for violating the minor league drug prevention and treatment program. **METRO NEWS SERVICES**

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONWS.CA

Graduating from school and into the real world?

SAVINGS Graduating from university or college is a major accomplishment, and a major step forward in your life.

If there was ever a time to take a balanced approach to saving and spending, it's now. This can help you begin the next stage of your life on strong financial ground.

"While it may be hard to resist the urge to buy everything you want as soon as you land that first good-paying job, also think of where you want to be in five or 10 years and start a plan to help get you there," says Kavita Joshi, RBC's director of student markets.

This can include many things that might not be top of mind but which new grads should think about, such as having an emergency fund.

"You need to cushion yourself in case of unexpected expenses, including periods of unemploy-



Take a balanced approach to spending and saving as soon as your finish your education.

ment," says Joshi. "Set up a separate savings account not linked to your everyday bank account, and save up for three to six months of everyday living expenses."

Next, start paying off your debt based on which debt has the highest interest rate — this usually means credit cards. That can leave you with more money to start saving for something else new graduates want: A new car or home. The sooner you plan and prepare, the closer you will be to getting what you want.

NEWS CANADA

Bills: Tag it and bag it

Organization isn't just for interior designers, your first step to more money is keeping track

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

f cleanliness and — adding a new dimension to the proverb — orderliness are next to godliness, my household is doomed to an eternity in purgatory.

From a mountain of solo socks to stacks of newspapers and magazines on the chairs, the space I work and live in is often in gentle disarray.

But I'm fussy about financial

bits and pieces. All it takes to lose control financially is to let stacks of statements, receipts and bills pile up.

Tame the chaos with three folders marked with the following: To Read, To File, To Pay. Put them in a wall-mounted file holder, a desktop file box or an accordion folder and locate it close to where you enter the house or sort your mail.

Each day when you open the snail mail, check your email or clean out your wallet, slot every-

thing into its place.

Getting the items into a file with a specific intent is a big part of organization.

It is the eco-trend to go paperless but even so I recommend printing out e-bills or proofs of payment as they arrive

Alison's Money Rule:

- To Read. To Pay. To File. Three simple steps are all it takes to keep your financial house in order.



If you let stacks of bills, receipts and statements accumulate, you're far more likely to lose control of your finances.

and filing them. Statements from banks, Canada Revenue Agency, RRSPs and RESPs belong in To Read.

Just getting the envelopes opened forces you to pay attention even if you don't have time to scrutinize the contents.

In the second, To File, put receipts relating to next year's taxes — daycare and general purchase receipts.

Don't forget to keep grocery tabs and even receipts for small items: Anything you buy can be defective or unsuitable and the majority of non-sale items can be re-

turned.

Finally, the category most people fret about, To Be Paid. Open, take a peek, circle the due date and in it goes. Twice a month clear out To Be Paid and once a month go through the To Read file and find a final resting place for everything in To File.

If you follow these three simple steps you'll keep your financial house in order and achieve something delightful — a sense of financial control.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Among consumers who plan to purchase a vehicle in the near future, select entertainment- and connectivity-related features are among the most desired technologies for their consideration, according to a recent J.D. Power and Associates study. **METRO NEWS SERVICES**

Metro Drive



Students with a Vue

A student team from the University of Victoria placed second in the 2009 the EcoCAR Challenge, Canadian Driver reports. The competition focused on improving fuel efficiency in a 2009 Saturn Vue while retaining the car's performance and appeal. **METRO NEWS SERVICES**

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONWS.CA

Kia dreams big with Forte

Stylish compact replaces Spectra

LORNE DRURY
for Metro Canada



Building compact, economical cars has been Kia's forte over the years and for 2010 the Korean manufacturer has added a new Forte to its sales arsenal.

The 2010 Kia Forte replaces the Spectra in the Kia lineup and brings a touch of styling pizzazz that is gradually evolving for Kia, as it becomes more of a global player in the automotive marketplace.

Kia has an ambitious goal to be the "design choice brand without high product pricing" and the Forte is a great example of the current philosophy.

While not an in-your-face design, it is clean and attractive and a worthy challenger for the class leaders, Honda Civic, Toyota Corolla and Mazda3.

This is an extremely important vehicle for Kia in the most competitive class in the Canadian market. In fact, six of the top 10 cars sold in Canada compete directly with the Forte. And almost 50 per cent of all cars sold in this country are compact models, with the Civic, Corolla and Mazda3

2010 Kia Forte

Type: Four-door compact sedan
Price: \$15,695 to \$22,195
Engine: 2.0-litre I-4 engine (156 hp, 144 lb/ft); 2.4-litre I-4 engine (173 hp, 168 lb/ft)

Highlights

- Affordable
- Bluetooth in all models
- Improved, roomy design

accounting for about 40 per cent of that total.

Heavy competition indeed, but Kia has high hopes for the Forte, a five-passenger sedan, starting at \$15,695.

Available in three trim levels, the Forte has one of the roomiest interiors in its class. Built on an entirely new platform, the Forte has a longer wheelbase than the outgoing Spectra, which allowed engineers to increase the size of the interior package with room for five adults.

The longer wheelbase also improves driving dynamics, while wider front and rear tracks increase stability on the road.

Trunk space is also up 17 per cent compared with

The 2010 Kia Forte replaces the Spectra in the lineup and brings new styling pizzazz.



the Spectra to 415 litres, the largest trunk capacity in its class.

Two brand new engines power the Forte. The LX and EX get a 2.0-litre DOHC in-line four-cylinder, producing 157 hp and 144 lb/ft of torque. The top-of-the-line SX has a 2.4-litre in-line four-cylinder engine, with 174 hp and 169 lb/ft of torque. Standard on the LX and EX is a five-speed manual transmission or an optional four-speed automatic. The SX gets a standard six-speed manual or an optional five-speed automatic

with Sportmatic sequential manual shift.

Even at the entry level, the Forte is well equipped with six airbags (dual front, dual front side and dual curtain), four-wheel disc brakes, ABS, power windows/locks/heated mirrors, steering wheel-mounted audio controls and a four-speaker AM/FM/CD/MP3 audio system with auxiliary and USB input ports.

Fuel economy is impressive— 8.3L/100 km (34 mpg) city and 5.8L/100 km (49 mpg) highway with the manual transmission and



The Forte comes well equipped with a host of standard features including Bluetooth technology.

8.1/5.8L/100 km (35/49 mpg) with the automatic. Ride and handling was

good for a compact, offering a significant improvement over the outgoing Spectra.

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Ford takes on shopping carts

SAFETY Ford Motor Company has ushered in new, extreme tests — such as ramming shopping carts into car doors and blasting water cannons to force vehicles into skids — to fine tune new safety technologies.

"These novel tests may seem over the top, but they're part of a serious testing regimen that Ford had to invent, because increasingly sophisticated technologies require more advanced testing," said Sue Cischke, group vice-president, Ford sustainability, environment and safety engineering.

"We will continue to build on our safety leadership with advanced safety technologies that help enhance crash protection or even help customers avoid accidents."

Ford engineers conduct



In one of Ford's unusual tests to improve car safety, a lab robot repeatedly pushes a shopping cart loaded with a 110-pound weight into the vehicle doors at 10 miles per hour.

unusual "crash" tests to take thousands of impact readings that help calibrate the sensitivity of new air bag pressure sensors being introduced on the new 2009 F-150 and 2010 Taurus.

Engineers, however, were concerned that everyday mishaps — such as shopping cart collisions in park-

ing lots or errant basketballs from children — could trick the new sensors that now help predict crash forces before the full impact occurs. The engineers used reams of data from these unusual tests to calibrate the air bag sensor to disregard typically minor collisions.

FROM CARGUIDE

GM looking at future small car

PLAN General Motors recently announced that it plans to build a future small car in the United States utilizing an idled UAW-GM facility. This vehicle adds to GM's growing portfolio of U.S.-built, highly fuel efficient cars including the Chevrolet Cruze and Volt. "Small cars represent one of the fastest growing segments in both the U.S. and around the world," said Fritz Henderson, GM president and CEO.

FROM CARGUIDE

AutoPilot

Mike Goetz

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Travel



Onboard entertainment

Luxury operator Silversea Cruises will launch a new ship, Silver Spirit, early next year, and to celebrate, the company is lining up celebrity guest speakers and other special events during the 20-country, 45-port inaugural voyage. On the leg beginning Feb. 20, 2010, from Buenos Aires to Santiago, beloved funnyman John Cleese will "share insights and anecdotes from his long career and entertain guests." See silversea.com. **METRO NEWS SERVICES**

TRAVELDESK@METRONWS.CA

Far from the madding crowd

These Greek islands offer a bit of quiet

ZOE KOSKINIDOU
Metro World News



Looking to escape the summer crowds in Greece's most popular island destinations? Zoe Koskinidou, gives us her insider tips on where the celebrities go when they want to find a secret paradise.

Patmos

Why go: The island is dubbed the Jerusalem of the Aegean, because John the Evangelist wrote the Book of Revelations there in 95 AD. But visitors don't need to be religious to enjoy the island: Patmos, combines a laidback pace of life with lively nightlife.

What to

see and do: The most important attraction here is the fortress-like monastery of St. John, built in 1088 by monk Christodoulos. Halfway between Chora and Scala, the island's port, there is the Grotto of the Apocalypse, where the manuscript was written.

Where to stay: Casteli Hotel, casteli.gr, by the beach of the port has rooms for 45-75 euros a night for a double room and Byzance Hotel, byzancehotel.gr, in Scala with room rates from 30 to 100 euros per room per night.

What to buy: Porcelain, crystal and silver items. Patmos is also famous for its elegant embroidery.



The entrance to the port of Kastellorizo, which is among the smallest of the Greek islands.

Where to eat: George's place at Cambos offers great Greek cuisine and is a great place for celebrity spotting. Try Kimma at Aspri for fish dishes and a unique view.

Where to drink: for early drinks try Astivi in the town of Chora. After midnight, Casbah at the port town of Scala is a total must for visitors who really want to have fun, drink and dance all night long.

Celebrities on the island: David Bowie has a house in the island, and it's the favourite holiday spot of fashion designer Valentino.

Kastellorizo

Why go: This is one of the smallest Greek islands, located near the island of Rhodes and close to Turkey. Getting there involves a bit of a long journey, but the beauty of the place is ample reward.

Read more on page 15 »

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Vacation planning

The results of a new TNS Canadian Facts survey called show more than half of Canadians are planning an out-of-town vacation in the coming 12 months, with an average of three such trips on the agenda. **METRO NEWS SERVICES**

travel **15**

MICHAEL TOLENT/THE IMAGE BANK



STOCK IMAGES

Left, a view of cliffs and the sea on Paxos in the Ionian islands. Right, a terrace on Patmos, another of the Greek islands recommended by our correspondent.

» Continued from page 14

What to see and do: The famous aqua-colored cave of Kastellorizo is a geological phenomena and one of the most amazing formations on earth — the island is worth visiting for this cave alone. It's situated south of the island and the entrance is the height of a small boat that can just pass through the mouth when the sea is calm at dawn.

Where to stay: Try the quiet rooms of Damien's and Monika's Pension (Tel. 0030 22460 49028).

What to buy: When in Kastellorizo you must

buy katoumaria, a local sweet and strava, a sort of fried baklava filled with walnuts and spices.

Where to eat: There are several small taverns on the island. Wherever you go try seafood dishes and chickpea balls.

Where to drink: Although Kastellorizo is a very small island, you can find several bars to enjoy an early drink. Keep in mind that it is a quiet island, best suited for people who want to spend their vacations on the beach and have a great Greek dinner after a swim.

Celebrities on the island:

Princess Caroline of Hanover (and Monaco) picked the remote island to spend her holidays with her family.

Paxos

Why to go: Forget Corfu and Kefalonia — Paxos is the place to be if you want to visit the Ionian islands. Paxos, the baby of that group, is actually a cluster of small islands and rocky islets, the largest of which are Paxos and Antipaxos. The capital of Paxos is Gaios, a picturesque village

build around a port which is protected by two small islands, Agios Nikolaos and Panagitsa.

What to see and do: Visit Antipaxos and go to see the traditional vineyards. Another essential place to visit are the magical caves of Mognonissi.

What to buy: One of the main products of Paxos is olive oil. You can also buy excellent wine from Antipaxos' vineyards.

Where to stay: Villa Kastanida, is a beau-

tifully restored farmhouse with private pool set amongst the olive groves. Or you can stay at Villa Lioniskari, a charming traditional villa situated on a headland at the entrance to Mognonissi Bay, just a short drive south of Gaios town.

Where to eat: Restaurant Mambo is perhaps the best restaurant in Gaios and a favourite with lo-

cals, who pack the outdoors terrace. Try tasting the chicken dishes, grilled squid and meatballs.

Where to drink: Paxos is an island best suited for the romantic souls of this world — you won't find it full of wild clubs and bars.

Celebrities on the island: Actors Albert Finney and Susan York and the Italian Agnelli family, who run Fiat, are among those who have chosen Paxos for their vacations.

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An engine deal from Abu Dhabi's Etihad Airways worth more than \$5 billion US could be the biggest news to come from this week's Paris Air Show, where the global recession has frozen sales of planes from Airbus and Boeing Co. **REUTERS**

Big spender

5 top tapas bars

Barcelona dishes up its take on tapas menu

The Catalan city of Barcelona is so popular with holidaymakers that it's hard to avoid falling into the trap of the ubiquitous tourist menu when you go out to eat.

Follow our guide, an exclusive extract from Time Out's new city guide to Barcelona, and you'll always strike lucky when you step out for tapas.

Comerç 24

"Tapas," says Michelin-starred chef Carles Abellan, "are one Spanish thing



Left, a menu and tapas dish at Tapaç24. Right, a chalkboard lists the offerings available at a Barcelona tapas bar.



I really like." He's not talking about the Spain he lives in, he's talking about the other Spain, the Spain that does not include Catalonia.

This passionately felt divide is one of the reasons that tapas bars in Barcelona tend to be ori-

ented to tourism, where they exist at all. They are simply not seen as Catalan enough.

Abellan set about to change all that a few years ago, with his übercool Comerç 24. Often described by international press as an "avant-garde tapas restaurant," in fact it serves platillos, small dishes of which the diner can order several.

These are inspired by Abellan's time in the kitchens of El Bulli, under experimental chef Ferran Adrià, and bear little resemblance to the ham croquettes and patatas bravas to which he refers.

His newer venture, Tapaç 24 redresses the balance; an old-school bar, serving traditional tapas of excellent quality. Among the lentils with chorizo and cod croquettes, however, his fans will also find playful snacks more in keeping with his previous style.

The McFoie Burger is an exercise in fast-food heaven, as is the Bikini — a small version of his signature take on the ham and

cheese toastie, this one with truffle.

• Comerç 24, C/Diputació 269, Metro Passeig de Gràcia Open 9 a.m.-midnight Mon.-Sat.; carlesabellan.com.

Quimet i Quimet

Packed to the rafters with dusty bottles of wine, this classic but minuscule bar makes up for in tapas what it lacks in space. The specialities are conservas (shellfish preserved in tins), which aren't always to non-Spanish tastes, but montaditos, sculpted tapas served on bread, are spectacular.

Try salmon sashimi with cream cheese, honey and soy, or cod passata and black olive pate. Get there early for any chance of a surface on which to put your drink.

• Quimet i Quimet, C/Poeta Cabanyes 25, Metro Paral·lel. Open noon-4 p.m., 7-10:30 p.m. Mon.-Fri.; noon-4 p.m. Sat.; closed Aug.

Inopia

Inopia opened by Albert Adrià a couple of years ago,

and it's been rammed ever since. As with Tapaç24, the emphasis has been on a revival of old techniques and recipes, using the best ingredients.

Intopia's stark, overlit look and awkwardly L-shaped room, along with a determinedly straightforward approach was initially a disappointment for those expecting El Bulli style culinary fireworks, but has since won over the public with a slavish devotion to finding the best-quality produce and meticulous care in its preparation.

• Inopia, C/Tamarit 104, Metro Poble Sec. Open 7-11 p.m., Mon.-Fri.: 1-3:30 p.m., 7-11 p.m. Sat.; closed Aug. barinopia.com.

Bar Celta

Bar Celta unapologetically '60s interior is fiercely lit, noisy and not recommended for anyone feeling a bit rough. It is, however, one of the more authentic experiences to be had in the Gòtic. A Galician tapas bar, it specialises in food from the region, such as lacón con grelos (boiled

gammon with turnip tops) and good seafood, accompanied by crisp Albariño wine served in traditional white ceramic bowls. A characterful place.

• Bar Celta, C/Mercè 16, Metro Drassanes. Open noon-midnight Tues.-Sun.

Euskal Etxea

This is a Basque cultural centre and the best of the city's many pintxo bars. Help yourself to dainty jamón serrano croissants, chicken tempura with saffron mayonnaise, melted provolone with mango and crispy ham, or a mini-brochette of pork, but hang on to the toothpicks spearing each one: they'll be counted and charged for at the end.

• Euskal Etxea, Placeta Montcada 103, Metro Barcelona or Jaume I. Open bar 7 p.m.-midnight Mon.; noon-5 p.m., 7 p.m.-midnight Tue.-Sat. Restaurant 8:30-11:30 p.m. Mon.; 1:30-4 p.m., 8:30-11:30 p.m. Tue.-Sat. **METRO NEWS SERVICES**

The redesigned Barcelona city guide from Time Out is available from all good bookshops and timeout.com.

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In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

What's Twitter?

According to a new study from Ipsos Reid, 74 per cent of Canadian Internet users are unaware of Twitter. Of those who are aware of the microblogging website, just six per cent reported having used it. At 32 per cent, Twitter awareness was the highest amongst 18- to 34-year-olds and 34 per cent of online Canadians with a university education know about the site.

METRO NEWS SERVICES

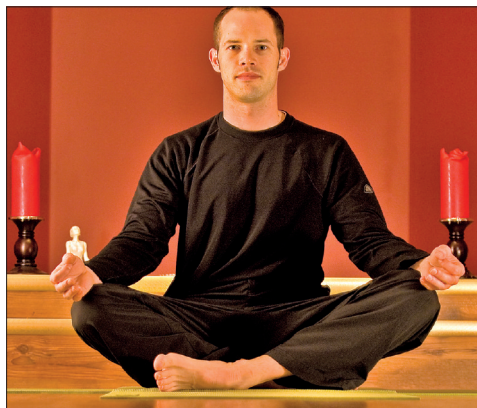
Body, mind and spirit

Head to Toe

BRIAN COULTON
for Metro Canada

For seven years, Chris Dunphy sat behind a desk, giving people financial advice on behalf of RBC. Now, you'd be hard pressed to find him sitting at all.

"I thought I was more a part of the problem as opposed to part of the solution — giving people loans, credit lines, advising on their finances and watching their self-worth rise and fall with the value of their RSPs," he said on the phone from Port Moody, B.C.



Chris Dunphy in the lotus pose at his Port Moody, B.C. studio.

Dunphy, 35, left the security of the institution, trading in dollars for downward dogs. Always athletic, and

slowly realizing the limitations of an aging body, he decided to make a 180-degree career change and pursue

sue yoga instruction.

"I found people were wrapped up in the material," he said. "Yoga gets you out of that and says all the rest of this stuff is just frills. If you can't be happy with yourself, no amount of frills is going to make you happy."

He shed excess, refinanced his home and opened Newport Yoga Studio in Port Moody in late 2006. Now, his studio offers 15 different kinds of yoga and pilates classes, taught by nine different instructors.

To become a certified teacher, Dunphy took an intensive 200-hour course at the Salt Spring Centre of Yoga on Salt Spring Island, B.C. Standards to become certified vary across re-

gions. But the international body Yoga Alliance outlines educational requirements necessary to be dubbed a registered yoga teacher (RYT) that include technique, teaching, anatomy and philosophy training over a 200- or 500-hour period.

"Once you get into yoga instruction, you're a yoga student for the rest of your life," said Dunphy.

Dunphy said there are dozens of styles to try out. "There are so many areas to continue to learn and grow in terms of teaching and practice."

For more of the Head to Toe exclusive series check Workology frequently or stop by: metronews.ca/work

Workology in brief

WORKPLACE RELATIONSHIPS

Lean economic times do not appear to have harmed work relationships, a new survey suggests. Eighty-seven per cent of professionals interviewed recently said they have a good rapport with their supervisors and 95 per cent get along well with coworkers. In fact, slightly more respondents today described their relationships with supervisors and peers as "very good" than did participants in a 2005 survey on the same subject. The Accountemps survey was conducted by an independent research firm.

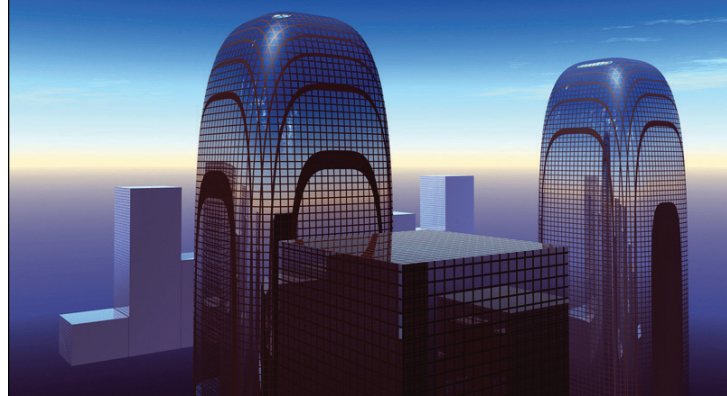
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Workplace Law

Daniel Lublin

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New baby for Carnie Wilson

Carnie Wilson has added to her brood. The singer and game show host gave birth to a healthy baby girl on Friday at Cedars-Sinai Medical Center in Los Angeles, her manager Mickey Shapiro confirms. [PEOPLE.COM](#)

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Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Golden Girl says 'yes'

The Proposal's Betty White keeping busy at age 87

NED EHRBAR
Metro World News

Before we even get started with our interview, Betty White wants to make one thing clear: She loves Canadians. Absolutely adores them. "I wish Americans could take manners lessons from them. They are so nice," she gushes. "We get some rather rude, hurried people here sometimes."

Best known for her iconic roles on The Golden Girls and The Mary Tyler Moore Show, 87-year-old White is still quite active professionally, making regular guest appearances on The Late Late Show with Craig Ferguson and Boston Legal, and game shows like Million Dollar Password.

She's also been popping up in scene-stealing roles in films like the upcoming The Proposal, with Sandra Bullock and Ryan Reynolds.

With another project co-starring Sigourney Weaver and Jamie Lee Curtis about to start, the word "retirement" doesn't even register for White — though she has earned the luxury of being picky.

"They send me scripts, and some of them are not what you might call wonderful," she confides.

To most, though, White will always be Rose Nylund, the naive Minnesota native sharing a house with three friends in The Golden Girls. The recent passing of co-stars Estelle Getty and Bea Arthur has only bolstered the show's popularity.

And the outpouring of support after Arthur lost her battle to cancer earlier this year offered some comfort to the grieving White.



The word "retirement" doesn't register for Betty White, left, who can be seen next in The Proposal with Sandra Bullock.

"She meant so much to so many people. It was heartening to see how much they rallied."

Saying goodbye, especially so soon after Getty passed away, was tough but necessary. "We had to let her go. She was so sick," White says. "She was in terrible trouble, pain-wise."

And the morphine couldn't reach it. But she was someone special."

White says she's been keeping in touch even more these days with Rue McClanahan, the other surviving Golden Girl. "We've been clinging to each other ever since losing Estelle and losing Bea."

Movie feature

Another comfort has been the continuing popularity of the series, which still confounds White to some degree.

"When the DVD came out, I thought who's going to watch it? We're on four times a day. They know the lines better than we ever did," White jokes. "But sure enough, the DVD keeps selling all over the world. I hear from Finland, Bangladesh, Sri Lanka. Will you explain to me what people see in old broads in Sri Lanka?"

Probably the same thing they do in Canada.

The Proposal hits theatres this Friday

Wanted sign

Angelina Jolie is set to star in Wanted 2. Work is currently under way on the sequel, and while her character died in the first movie, the director hopes to bring her back.

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6/17/09	2 CFRN 239 318	etalk	Hollywood	CSI: NY "Dead Inside"	So You Think You Can Dance Top 18 dancers perform.	News (N)						
	3 KHQ - 370	News (N)	Be-Millionaire	Jeopardy! (N)	I'm a Celebrity, Get Me Out.	Law & Order "Take-Out"	Law & Order					
	4 CBXT - 307	Coronation St.	Jeopardy! (N)	Dragon's Den	Sneaker Confidential	CBC News: The National	The Hour					
	6 KREM - 372	News (N)	Hollywood	The Doctors	Old Christine	Gary Unmarr	Criminal Minds (HDTV)	CSI: NY				
	7 CKEM 241 347	Law & Order: SVU		Murdoch Mysteries	Goode Family	Surviving Sub.	Japanese Game Show	Your City				
	8 CITY 240 339	ET Canada	Entertainment	(8:01) The Unusuals	Wipeout (HDTV) (N)	News	In Plain Sight (N)	News Hour				
	11 OMNI - -	Two/Half Men	The Simpsons	News	Wipeout (HDTV) (N)	The Simpsons	King	Metrolia				
	13 KXLY - 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Wipeout (HDTV) (N)	Japanese Game Show	The Unusuals				
	16 KAYU - 373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	So You Think You Can Dance Top 18 dancers perform.	News (N)	News (N)				
	19 CHTV - -	The Insider (N)	El News	Psych "Daredevils" (N)	D. Richards	Kendra	Kardashians	Candy Girls				
	22 KSPS - 374	NewsHour With Jim Lehrer		Andrea Bocelli: Child Destined	Great Performances "Chess in Concert" (HDTV) (N)	Being Served	Tavis Smiley	Charlie Rose (N)				
	24 WTVS - 364	Great Performances "Chess in Concert" (HDTV) (N)										
	15 CBCN 502 -	CBC News: The National	Royal Riders		CBC News: The National	CBC News: The National	Royal Riders					
	21 TWIN 505 398	(5) EarthWatch One	EarthWatch One		EarthWatch Two							
	27 CNN 500 500	Larry King Live (N)	Anderson Cooper 360 (HDTV)		Larry King Live		Cooper 360					
	54 CTVN 501 391	CTV News Tonight	News	CTV News	News	CTV News	News	CTV News				
	70 BNN 504 508	Squeeze Play	Market Call	Headline	Market Call	Commodities	Business News	Squeeze Play				
	20 TSN 400 400	(6) World Poker Tour	SportsCentre (HDTV) (Live)		In This Corner	Boxing Chad Dawson vs. Antonio Tarver						
	23 net 408 418	MLB Baseball	MLB Baseball Oakland Athletics at Los Angeles Dodgers. (Live)									
	47 SPEED 410 403	Pinks	Pass Time	Wrecked	Pimp My Ride	Pass Time	Amer. Thunder	Pinks Outtakes				
	9 EDACC 267 351	(5) RaceNight	Score Tonight	Wrecked	Hardcore Hockey Talk	Final Score	Final Score	Final Score				
	14 YTV 552 543	Drake & Josh	iCarly	Law & Order (HDTV)	Old Christine	Gary Unmarr	Law & Order	Primetime				
	17 TREE 553 546	Little Bear	Bucket-Dinos	In Real Life	Malcolm-Mid.	Futurama	Survive This	Adrenaline Proj				
	42 TOON 555 545	Ben 10	Johnny Test	Comfy Couch	Big & Small	Max & Ruby	Babar	Backyardigans				
	45 FAM 557 541	Zoe 101	Life Derek	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama				
	- TVA 121 714	TVA 18 heures	Sucre-salé	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place				
	- CMT 575 583	Greatest Videos of All Time	CMT Music Awards 2009	Poule-oeufs or	Histoires-filles	Les Anges de la rénovation	Nos étés (SC)					
	25 A&E 615 520	Dog the Bounty Hunter	Tattoo High.	Tattoo High.	HammerTime	HammerTime	Bounty Hunter	Bounty Hunter				
	26 MMM 571 581	The Daily Fix	Entourage	I'm a Celebrity, Get Me Out.	Ranked!	Ranked!	Gene Simmons	Entourage				
	29 FOOD 603 561	Iron Chef America	Dear Food Network Bahamas.	Opening Soon	Opening Soon	Unwrapped	Unwrapped	Diner, Drive-In				
	31 SHOW 617 522	Trailer Park	Trailer Park	Outer Limits	The Guard (HDTV)	The Party Never Stops (2007, Drama)						
	32 DISC 520 505	Deadliest Catch	Mayday "Cruel Skies"	Mayday "Cruel Skies"	Daily Planet	Mayday "Cruel Skies"	Treasure					
	33 SLICE 601 562	End of Leash	End of Leash	End of Leash	ET Canada	Til Debt-Part	Real Housewives NYC	Trading Sp				
	34 W 602 567	Style by Jury	Style by Jury	How Clean	Friends	Grocery	Love It or List It	Save Us-House				
	35 TLC 521 560	Mystery Diagnosis	My First Home	My First Home	World's Tallest Children	Mystery Diagnosis	My First Home	My First Home				
	36 BRAVO 620 523	Wingfield	Death at-Opera	Broadway	Law & Order	Without a Trace	Purple Rose	Prisoners-Ctrl				
	38 SPIKE 628 584	Deadliest Warrior (HDTV)	The Ultimate Fighter (N)	The Ultimate Fighter (HDTV)	CSI: Crime Scene Invstgn.	CSI: Crime Scene Invstgn.	Sandhogs	Jon Dore Show				
	40 HIST 522 506	Ice Road Truckers	NCIS "Frame-Up"	Sea Hunters	Star Trek: Next Gener.	Star Trek: Next Gener.	Trek: Voyager					
	41 COM 626 547	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas	The Simpsons	South Park				
	43 SPACE 627 528	Primeval (N)	Stormworld (N)	Stargate SG-1 "Chimera"	Family Guy	Family Guy	We Were Soldiers *** (2002, War)	Bounty Hunter				
	44 WPCN 294 650	(6) We Were Soldiers (2002, War)	Bounty Hunter	Bounty Hunter	Departures "Canada"	Survivorman	Survivorman	Family Guy				
	46 OLN 411 457	Survivorman	The Crow: Stairway to Heaven	What Happen?	What Happen?	Seinfeld	Raymond	Ellen Show				
	48 TROP 619 525	North of 60	Tonight Show-Conan O'Brien	TMZ	etalk	Canada's Next Top Model	Ellen Show	Big City Broker				
	50 STAR 621 527	Canada's Next Top Model	House Hunters	Holmes-Homes	Holmes-Homes	Unsellable	Paid Program	Wings-Canada				
	52 HGTV 600 564	Unsellable	Raymond	Raymond	George Lopez	George Lopez	The Sopranos (SS)					
	65 TLN 700 800	Elisa di Rivombosa	Sounds Like Motown	Driven, Vision	Supernatural	True Life Pornography	True Life	Sneak Peek				
	92 APTN 269 350	Canadian Geographic	True Life Pornography	Technical Diff.	Revue	Question Period	Prime-Politics	PrimeTime Politics				
	93 VISION 261 394	Doc Martin	Mediums	Psychic Det.	Mediums	Encounters	Judging Amy "Instincts"	Medium				
	100 MTV 581 566	Fantasy Fact.	Le Téljournal (SC)	Le Téljournal (SC)	Le Téljournal (SC)	24 Heures en 60 minutes	Go Big or Go Home.	8 PM on A&E				
	101 MM 570 586	Video on Trial	Video on Trial	Party Down	Head Case	Whitest Kids	Why Did I Get Married? ** (2007, Comedy-Drama)					
	102 CPAC 512 596	(6:30) Primetime Politics										
	103 VIVA 526 507	The Closer "LA Woman"										
	106 RDI 126 730	City Homicide (HDTV)										
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critics'corner

In Plain Sight

One of Mary's (Mary McCormack) witnesses, a man named Lewis (guest star Matt Davis), is trapped in a building collapse. As Mary stays with him to await rescue, it becomes clear that his injuries aren't the only thing putting his life in danger; there's a sniper on a nearby roof and a reporter outside ready to blow his cover. Fred Weller and Paul Ben-Victor also star in the new episode "Rubble With a Cause." 10 PM on CTV



Tattoo Highway

Thomas and Monica fly to Los Angeles to meet with a plastic surgeon to discuss options for Monica's breast enlargement surgery. Tommy finishes filling in a tattoo on Tyson's stomach that he had started a few years ago. Later he visits a friend to help him cover up the racist tattoos he got when he was a skinhead in the new episode "Go Big or Go Home." 8 PM on A&E

Kenya'sStyle

Kenya Hunt

Read the blog at [metronews.ca/kenyasstyle](#)

For complete online movie listings, trailers, reviews and tickets, visit: [metronews.ca/movies](#)

A role fit for a king

Anthony Head plays ruler, father to Prince Arthur in spin on classic

NED EHRBAR
Metro World News



Best known as stuffy mentor Rupert Giles on Buffy the Vampire Slayer, Anthony Head is returning to TV screens in Merlin, a BBC import that puts a new spin on a classic British tale.

Head takes on the role of Uther, ruthless king and father of the impetuous Prince Arthur. Between the crown and tunic and the bloodthirsty brutishness, it's about as far from Buffy's cultured occult expert Giles as you could get. And that's just how Head likes it.

"I'm lucky to be in an industry that I can do anything," he says, easing back in his chair in the dining room of a Pasadena, Calif., hotel.

"I've worked quite hard at not being pigeonholed, not being limited by a role that I've done. I've turned down an awful lot of Giles-similar roles. Like professors and librarians, an awful lot of that."

In the meantime, he's popped up in a number of British TV series, going for laughs in Little Britain and My Family, and devouring children on Doctor Who. He was even rumoured to be one of the top choices to play the new Doctor on

the long-running series, something he shrugs off.

"There have always been bets that I might be the new Doctor," he says.

Head prefers audiences get a chance to see his range. "I've done quite a few different things," he explains. To that end, he's glad that Merlin is making

the jump across the pond. But he confides that the series — a kind of Smallville version of the King Arthur legend focusing on young Arthur and the wizard as teenage pals — almost didn't make it because producers couldn't find one key element.

"They nearly can-

celled it because they couldn't find Camelot," he says. "They combed Europe, but they couldn't find anything that ticked all the boxes."

But producers discovered Chateau de Pierrefonds in northern France just in time. Restored by

Napoleon III in the 1850s, the castle has held up better than its medieval predecessors.

"It's almost new," Head jokes. "Though it's got a few bits chipped out of it from where the Germans shot at it in the Second World War."

"It's absolutely beautiful. You've got this incredible depth that you could not create on a set." And Head admits that the setting does make his job a lot easier.

"I walked in and

went, 'Oh my god, I'm king.' I don't have to do any work, because this does it," he remembers. "This makes me king. All you have to do is turn up and be present."

Nice work if you can get it.



Best known as stuffy mentor Rupert Giles on Buffy the Vampire Slayer, Anthony Head is returning to TV screens in Merlin.

Merlin airs this Sunday on CTV.

Nanny backtracks on Beckhams

COURTS David Beckham and his wife Victoria received an apology from a former nanny at London's High Court yesterday over her disclosures of confidential information about the celebrity couple.

The case resulted from allegations made by Abbie Gibson about the private lives of the England player and his former Spice Girl wife after she had resigned from her job.

Her claims were printed in a newspaper article in April 2005, captioned "Beckhams behind closed doors."

Yesterday the couple's lawyer Gerrard Tyrrell told the High Court Gibson had now agreed to "permanent undertakings of confidentiality," the Press Association reported.

She had "unconditionally apologized to David and Victoria Beckham and their family for breaching her duties of confidence"



David and Victoria Beckham have received a public apology.

and had also withdrawn a claim for constructive dismissal, he said.

"Between May 2003 and March 2005, Ms Gibson was employed as the nanny to David and Victoria Beckham's children," Tyrrell told the court.

"After she resigned from their employment, she gave an interview to the News of the World. In this interview she disclosed private and confidential infor-

mation about the Beckhams and their family."

The judge was also told that in July 2005, The People newspaper published an article headlined "Beckham's Hate Calls To Nanny," which falsely stated that David Beckham had made insulting and threatening telephone calls to Gibson. The paper later publicly apologized and paid libel damages to Beckham.

REUTERS

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Whatever Works

a new comedy

IN THEATRES JUNE 26

Leggy model still couldn't keep in step

Tara Didon accused of 'holding back'

RAFAEL BRUSILOV
for Metro Canada



A penchant for holding back kept Tara Didon, 19, from moving forward as she was eliminated from Canada's Next Top Model last night.

The tall, lean model from Chateauguay, Quebec had been frequently told by judges she had the best body of all the girls in the competition but was lack-

ing something in her pictures.

Last night's episode saw the final seven models deal with stage-fright and pronunciation issues as they tried to do a television ad, with real-life super-model Irina Lazareanu looking on for moral support. The girls were given burlap bags to wear and told to "sell it" as they tried to read a script about the history of fashion.

Confused faces and butchered designer names abounded (one contestant actually referred to iconic label Chanel as "channel") but Heather managed to project some personality to win the challenge.

For this week's photo shoot, the girls had to model with a piece of duct tape covering their mouths, showing off

that they could use their eyes to speak for them instead. Ever-imploding Rebecca had a meltdown as she thought the other girls were mocking her at her shoot while Tara yet again failed to impress judges with her photo, prompting show host Jay Manuel to call her a "woman holding back," a comment Tara had seen levelled at her by judges in

previous weeks as well.

The judges eliminated her and she became the fifth person to leave the show this season.

Didon says she had an amazing experience on the show and wholeheartedly agrees with the judges' assessment, though she does feel she could have eventually been more successful on the show.

"Definitely I did hold back during the competition. I don't really know why — I know I could have done better," Didon said.

While she doesn't think she's a particularly shy person, she admits to feeling inexperienced at modelling compared to some of the other girls in the compe-

tion.

"For me, I felt like I needed to work harder than some of the other girls to get a great picture," she said.

Now that she's off the show, Didon is taking a slew of math courses to pursue a degree in finance. While she hopes to continue to model, she will always put her family life first.

"Whatever comes my way, I'm going to take it but modelling has never been my priority in life," Didon said.



Tara Didon, 19, was voted off Canada's Next Top Model.

JENNY VAN DER SCHIEDEN

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MAPLE
PICTURES

Aerosmith guitarist on the mend

HEALTH Aerosmith guitarist Brad Whitford hopes to re-join his bandmates early next month after a head injury prevented him from playing on their newly launched tour, fellow guitarist Joe Perry said on Sunday.

Whitford, 57, is recovering from surgery for internal bleeding after he apparently banged his head while getting out of his Ferrari about a week before the tour began last Wednesday in St. Louis.

"It built up pressure and gave him this whoopin' headache," Perry told Reuters. "He's not prone to getting migraines, so knew

something was wrong. He went right in, they did what they had to do, and now he's getting better."

The target date for Whitford's return is July 7, when the band is scheduled to play a show in Raleigh, North Carolina, Perry said. Subbing for him is Bobby Schneck, who has played with Green Day and Weezer.

Rocking out with Aerosmith can be hazardous for your health. Four out of five group members have disclosed major medical problems in the last three years, including Perry who has been plagued by a bad knee ever since he fell off a



Brad Whitford

stage in Dallas 25 years ago. He underwent knee-replacement surgery in March 2008, but was "devastated" to learn around Christmas that the area had become infected, like a "rotten grapefruit," he said, and he would need to go through the whole procedure again.

REUTERS



Kate Moss keeps 100 cigarettes nearby at all times, femalefirst.co.uk reports. The supermodel loves smoking so much she reportedly makes her personal assistant leave a packet of her favourite Marlboro Lights on every table in her home before she goes to bed. **METRO NEWS SERVICES**

Kate the chain-smoker

Celebrity Buzz

Lindsay the jewel thief?

SUSPECT She may have been the last one seen wearing them, but did Lindsay Lohan steal \$400,000 US worth of Dior jewels from her Elle photo shoot?

Under investigation by Scotland Yard, the disappearance of a set of diamond earrings and a necklace was reported on June 8. The baubles

were on loan for a June 6 magazine shoot, people.com reports. "We in-

quired and everyone from the shoot is being questioned," Lohan's rep told People. "Hair, makeup, stylist ... even photographers. Lindsay hopes they find the jewels. She is happy to co-operate."

A police spokeswoman told People: "Inquiries are continuing and no arrests have been made. As far as who we will be interviewing — we will be speaking to a number of people in connection with the in-

quiry and don't discuss the identity of the people we are planning to interview."

Meanwhile, a spokeswoman for Elle U.K. released a statement exonerating the 22-year-old star. "Elle has no reason to believe that Lindsay Lohan was in any way responsible and has no further comment to make."

METRO NEWS SERVICES

I considered suicide after voice mail fallout: Alec

BIG MISTAKE It was the private voice mail message not meant to be shared and yet ended up being heard by nearly everyone — Alec Baldwin's angry April 2007 tirade against his daughter, Ireland, accusing the then-11-year-old of being a "rude little pig" who needed to have her "ass straightened out" after she had "humiliated me for the last time."

Now, the star admits in a candid interview with Playboy, he contemplated killing himself after the phone message was exposed, people.com reports.

At the time, Baldwin and his ex-wife, Kim Basinger, were in the sixth year of their bitter custody battle. After the message went public, Baldwin apol-

ogized on The View and wrote an advice book for divorced fathers, A Promise to Ourselves. But reaching that point was arduous.

Describing his suicidal thoughts as "very serious," the 51-year-old said, "If I committed suicide, (Kim Basinger's side) would have

considered that a victory. Destroying me was their avowed goal."

METRO NEWS SERVICES

Sex vid part of smear tactic?

NEGATIVE PR Just one month after nude photographs allegedly featuring Rihanna hit the Internet, the singer looks to be facing a sex tape scandal.

A preview for a video supposedly featuring the



singer and ex-boyfriend Chris Brown has surfaced, according to Hollyscoop, and the full video is said to be coming out June 22 — the same day as Brown's hearing in his assault case.

METRO WORLD NEWS

Long-distance momma

PARENTHOOD Madonna phones her newly adopted daughter Mercy James every night, femalefirst.co.uk reports.

The singer won her appeal to adopt the four-year-old Malawian last Friday and has since moved the toddler to a luxury lodge in the country's capital, Lilongwe, and sent a nanny and nurse to look after her.

The pop star is



already doting on her new daughter and speaks to her every day. She reportedly told Mercy on Sunday: "Mommy is waiting for you across the seas."

Madonna's aides are now working on legal documents and travel papers for Mercy and she is soon expected to fly by private jet from Malawi and join Madonna's family in New York.

METRO NEWS SERVICES

Evan lived in Jodie's shadow

MINI-ME Evan Rachel Wood didn't know whether to "kiss or punch" Jodie Foster when they met to discuss her role in forthcoming film Flora Plum — because she blames the Oscar winner for a childhood trauma, femalefirst.co.uk reports.

As a child, Wood was pushed to emulate the actress' career by her mother, who was obsessed with

the Oscar winner. The 21-year-old even attended the same schools and learned to speak French — like her mom's idol — so Wood found meeting Foster in person an odd experience.

She told the New York Daily News, "I had to sit my mom down one day and look at her and say, 'I'm not Jodie Foster. I'm me, and that's who I'm going to be. OK?'"

"I actually got to sit down with Jodie and I thought, 'Not that this is a bad thing, but you've haunted me my entire

life. I don't know whether to kiss you or punch you.'

"But she was amazing. If I could pick anyone to have a conversation with or ask advice from, it would be her. I wept going to sleep the night before, and I wept waiting for her at the restaurant. It was a big deal for me."

METRO NEWS SERVICES



Speidi lash out at Al

B-LIST Heidi and Spencer Pratt are upset that Al Roker chastised them on Monday's Today show, us-magazine.com reports.

"People keep on referring to this weatherman like I'm supposed to know who he is," Spencer tells us-magazine.com hours after Roker — whom the Hills star admits he thought was just a fan from off the street — told

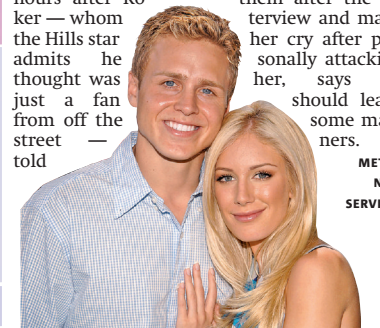
him people think he acts like a jerk.

Spencer's wife Heidi thought Roker went too far when asking if she was proud of her behaviour on NBC's I'm a Celebrity... Get Me Out of Here.

"This weather guy was definitely out of line, and he should stick to predicting cloudy days," Heidi told Us. "Maybe someone rained on his little parade today."

Heidi, who complained that Roker didn't thank them after the interview and made her cry after personally attacking her, says he should learn some manners.

METRO NEWS SERVICES



GETTY IMAGES

Katy bullies name twin

FAME GETTING TO HER HEAD? Singer Katy Perry is making life difficult for fashion designer Katie Perry, suing her and demanding she change her name.

"I got such a huge shock. It really felt like I was being intimidated and bullied into signing everything away," the Australian designer said, according to Hollyscoop. "The letter) asked me to give up the trade-

mark, withdraw sale of my clothes, withdraw any advertising and any websites and sign that I will not in the future use a similar trademark to Katy Perry."

There's only one problem. It appears that the fashion designer was in business before the singer. "I love my business. I'm not going to give it away without a fight," the designer said.

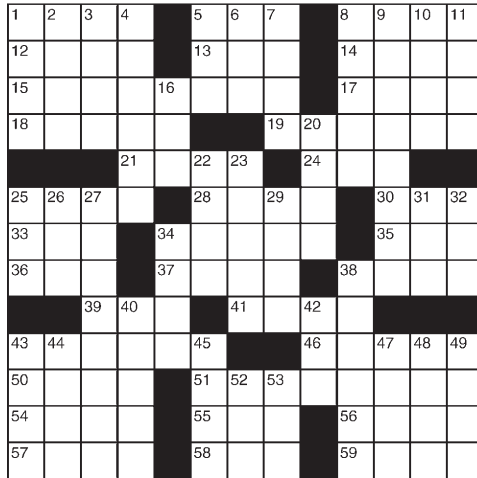
METRO WORLD NEWS





Michele McDougall, Weather Specialist & Host - Breakfast Television

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" WEEKDAYS AT 6 A.M.



Crossword across

- | | | |
|--------------------------------|----------------------------------|--------------------------|
| 1 Snare | 24 In medias — | ian's stick |
| 5 Wager | 25 Cougar | 46 Shoppers' meccas |
| 8 Blue material? | 28 Passport endorsement | 50 State with conviction |
| 12 Apiece | 30 AAA job | 51 Tiny details |
| 13 Jamie Foxx biopic | 33 — Lanka | 54 Examines fully |
| 14 Christmas tree, often | 34 Flavoured like some mouthwash | 55 "— Got a Secret" |
| 15 Labyrinth beast | 35 Regret | 56 PC symbol |
| 17 Initial stake | 36 B&B | 57 Formerly, formerly |
| 18 Military freshman | 37 "Born Free" lioness | 58 Caustic solution |
| 19 Choice | 38 Memory unit | 59 Criterion |
| 21 The same, in a bibliography | 39 "Caught ya!" | |
| | 41 Dandling site | |
| | 43 Disciplinar- | |

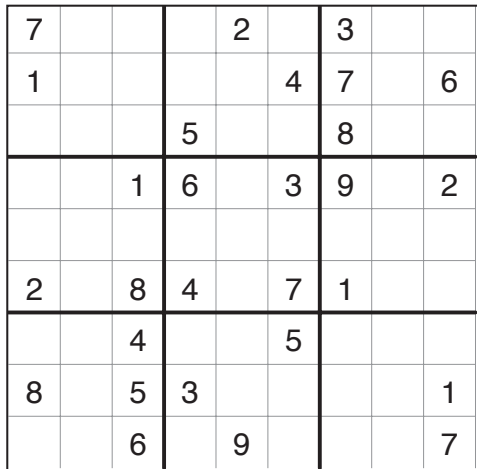
Crossword down

- | | | |
|-----------------------------|---------------------------|--------------------------|
| 1 Office part-timer | 20 Entreat | Life" author |
| 2 Bar | 22 Mephistophelean doings | Fannie |
| 3 Dermatologist's case | 23 Capital of Belarus | 42 Outback bird |
| 4 Fear, plus | 25 Omega | 43 Top choice, for short |
| 5 Lingerie item | 26 Preceder | 44 Always |
| 6 Cologne-label word | 26 Coffee vessel | 45 Jannings of silents |
| 7 Novice | 27 Mosque towers | 47 Grown-up nits |
| 8 Sudden onrush | 29 Ollie's pal | 48 Cambodia neighbor |
| 9 Government department | 31 Ump's call | 49 Faxed |
| 10 "Do — others ..." | 32 Itty-bitty | 52 Wall climber |
| 11 3-Down sufferer, usually | 34 Repast | 53 Born |
| 16 Sen. Kennedy | 38 Michael Jackson hit | |
| | 40 "Imitation of | |

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



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SUDOKU SOLVE TIME:	17-21 minSmart
Under 13 minGenius	21-25 minNot bad
13-17 minScholar	25+ minKeep practising

Metro Recipe of the Day



Beef Salad with Lentils

INGREDIENTS:

- 1 tbsp (15 ml) whole-grain mustard
- 6 tbsp (90 ml) olive oil
- generous pinch of ground black pepper
- 2 beef steaks (about 1 lb/500 g in total)
- 1 cup (250 ml) green lentils
- 1 small sprig rosemary
- 1 1/4 cup (300 ml) low-sodium beef stock
- 2 medium carrots, diced
- 1/2 tsp (2 ml) salt
- freshly ground black pepper
- 3 tbsp (45 ml) red wine vinegar
- 1 tbsp (15 ml) chopped fresh thyme leaves
- 4 tbsp (60 ml) whipping cream
- 2 tsp (10 ml) creamy horseradish sauce
- 100 g (4 oz) lamb's lettuce
- 3 tbsp (45 ml) finely chopped chives

METHOD:

1. Combine mustard, 1 tbsp (15 ml) oil and pepper. Rub steaks with mixture. Cover and chill until ready to cook. Place lentils, rosemary and stock in pot. Bring to boil, uncovered. Cover, cook lentils over low heat 20 minutes. Add carrots; cook another 10 minutes. Remove pot from heat. Leave lentils and car-

rots to cool in cooking liquid. Remove rosemary. Add 1/2 tsp (2 ml) salt. 2. Heat 1 tbsp (15 ml) oil in nonstick frying pan over medium-high heat. Add steaks; cook 3 to 5 minutes each side. Remove from pan, wrap in aluminum foil. 3. Whisk remaining 4 tbsp (60 ml) oil and 2 tbsp (25 ml) vinegar in medium bowl. Add salt and pepper to taste. Drain lentils and carrots from pot and add to bowl. Stir in thyme. Whip cream in small bowl until stiff; fold in horseradish sauce. 4. Slice steaks thinly and add any juices from meat to lentil mixture. Add remaining 1 tbsp (15 ml) vinegar and salt and pepper to taste. Place lentil mixture on serving plates with mâche. Add meat, top with little horseradish cream mixture and sprinkle with chives. Serve remaining horseradish cream mixture separately.

SERVES 4



Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
Life is good and getting better by the moment and if you steer clear of depressing people there is no limit to how high your spirit can soar.

TAURUS
APRIL 21-MAY 21
Today's Sun-Neptune link-up will encourage you to be generous with your time and your energy, and maybe your money too.

LIBRA
SEPT 23-OCT 23
Someone you meet at a charity event will become a good friend over the next few weeks and they will open your mind to new possibilities.

SCORPIO
OCT 24-NOV 22
Sometimes you are happy to let fate take its course and sometimes you like to hurry things along a little. Today it will be a mixture of both.

GEMINI
MAY 22-JUNE 21
Even if you are one of those rare Geminis who prefers to stick with the old way of doing things you will be in an adventurous mood today.

SAGITTARIUS
NOV 23-DEC 21
There are so many good things going on in your life that you feel you ought to show your appreciation in some way. Give generously. You can afford it.

CANCER
JUNE 22-JULY 22
You may not be one for confrontation but if someone tries to take liberties today you must come down on them hard.

CAPRICORN
DEC 22-JAN 20
You are no stranger to effort but at some point today you will realize that the more you put into a situation the less you get out.

LEO
JULY 23-AUG 23
The Sun in Gemini at this time of year brings all sorts of new and interesting people into your social orbit and someone today will be important.

AQUARIUS
JAN 21-FEB 18
With the Sun in the most dynamic area of your chart over the next 24 hours this is unlikely to be just another day.

VIRGO
AUG 24-SEPT 22
Make sure that your employer and any other important people you have dealings with know who you are and what you can do.

PISCES
FEB 19-MARCH 20
Uranus in your birth sign is liable to be rather disruptive today but nothing will happen that you cannot handle.

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